

WHAT'S INSIDE



WHAT WE'VE BEEN UP TO!



Ventured to San Diego to check out all the hot girls dressed like comic book characters, amazing new films and shows coming soon!



Stuffed our faces with Krispy Kremes at their summer picnic to celebrate the delicious new cheesecake range.

ZOO Mates

- Watching The Open and
- The Ashes on the same day

 Susanna Reid eating Angel Delight with her
- Jake Gyllenhaal's amazing boxing fitness regime for Southpaw



ZOO Hates

- Waiting behind
- people desperately trying to use Apple Pay

 Suspended betting
- accounts • Love Island leaving our TV screens. We still love you, Hannah!



IN ZOO THIS WEEK!

UPFRONT

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Kenton Cool, the man who has scaled **Everest 11 times**

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GIRLS

Ghandi, COVER & CONTENTS STYLING: Lisa Nicolaou, COVER & CONTENTS HAIR & MAKE-UP: Eloise Parker xoosurephotos.com, Olc. Offside, Corbis

COVER & CONTENTS PHOTOGRAPHY: Peter COVER & CONTENTS PICS: splashnews.com;

32 TV babes in tiny bikinis!

Atkinson, Scherzinger, Batchelor and Mecklenburgh hit the beach!

- Rae of sunshine The busty brunette returns to ZOO!
- 6 #ZOOTwitties







Let us know what you like! And get

involved with the banter online

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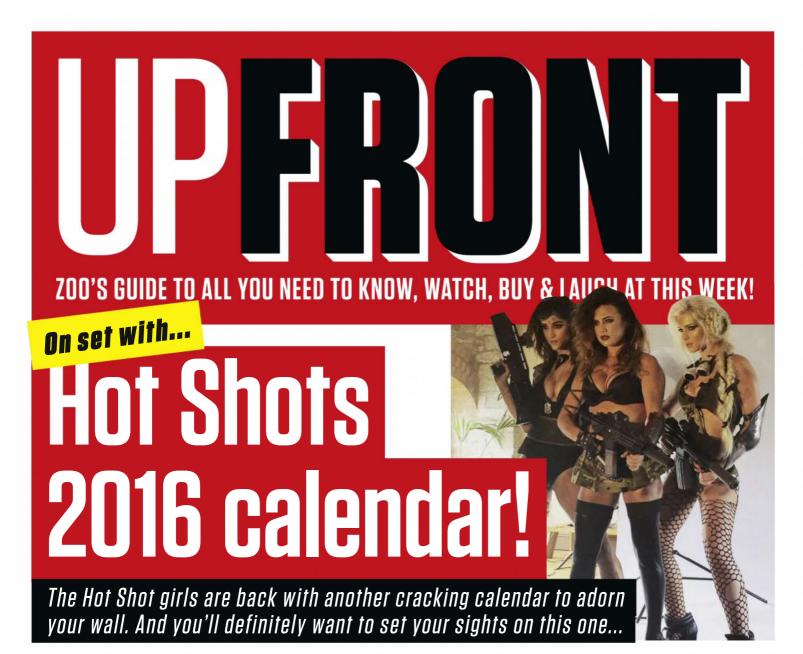
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PEOPLE IN TIDIER OFFICES / ADVERTISING /







ou might not boast any skills which make you remotely suitable for the British Army. However on this occasion, it's OK to give your copy of ZOO a hearty salute, all in the name of celebrating our exclusive behind the scenes snaps from the Hot Shots 2016 calendar.

Having already released seven calendars, as well as successfully climbing Mount Kilimanjaro - all in the name of raising thousands for Help For Heroes - the Hot Shot girls are back once again for another brilliant booby barrage of epic proportions.

This year, ZOO favourites Rosie Jones, Kelly Hall, Daisy Watts, Lissy Cunningham, Jessica Davies and Emma Glover - and the world's luckiest dog - headed to the Welsh hills to strip off and get up to all sorts of high jinx.

"I turned up and all the girls were already partying topless on a slip and slide!" revealed brunette bombshell, Emma Glover. "We had so much fun. It was a bit like a strange family holiday, with loads of topless girls and guns, and it's always great to have the opportunity to raise loads of money for Help For Heroes so we can give something back."

We'd always heard of troops practising their military manoeuvres, but something tells us those drills were nowhere near as sexy as our girls peeling off and revealing their incredible weapons of mass distraction...

For more info about Hot Shots and the 2016 calendar, head over to hotshotscalendar.com





UPFRONT FIRST LOOK!

Destiny: The Taken King!

One of the best new games of 2014 promised to get bigger and better over the next 10 years. And 12 months since its launch, Destiny is readying itself for its greatest update yet...

DON'T CALL IT DLC!

Destiny creator Bungie is very keen to stress this isn't just a swanky bit of added content to supplement the original game. To them, they see this as the next major chapter in their 10-year plan for the saga, packed to the rafters with a substantial new campaign, quests, enemies, locations and powers. All of which means you can rest easy knowing you're going to get a hell of a lot more than just a couple of hours of entertainment, as you would with most DLC add-ons.

NEW ENEMIES TO DEFEAT!

The game revolves principally around a new big baddie named Oryx, a colossal winged devil creature who's returned to the solar system to (spoiler alert!) avenge the death of Crota, who you defeated in *Destiny*'s previous expansion The Dark Below.

However, he's also brought with him an army - mainly comprising of old enemies re-skinned to look different - who boast several powerful new abilities to keep you on your toes. It will certainly challenge new and returning players in more ways than you may care to enjoy on the battlefield.

A NEW WORLD TO **EXPLORE** (SORT

The crux of Destiny comes from exploring new worlds. The first game had Earth, Mars and the Moon, but The Taken King is taking things in a new direction. Essentially new missions will expand on those pre-existing planets until such time that you're ready to take on a new location in the shape of Oryx's gigantic flagship spacecraft - the

Dreadnought - which, given its size, is practically a new planet in its own right.

BRAND NEW SUBCLASSES

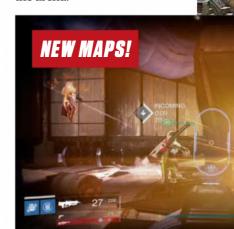
Because of Oryx's incredible power, the Guardians are forced to track down lost arts of the ancients, which is the story that leads to the three great new subclasses in the game. Hunters inherit a bow

powered

by the void to trap enemies and deal plenty of damage, Warlocks will be able to unleash powerful bolts of energy and Titan classes are gaining a massive flaming hammer you can toss at your enemies.

MORE MULTIPLAYER

Bungie is promising all-new patrols, public events, strike missions and raids, which will no doubt be music to the ears of players who are starting to get sick of undertaking the same old missions over and over. However, for those more interested in straight-up multiplayer, there are two new modes to be introduced. The first is Rift, which is Destiny's long-awaited answer to capture the flag. Second is Mayhem, which is effectively team deathmatch with faster access to your special abilities, to really amp up the chaos in the arena.













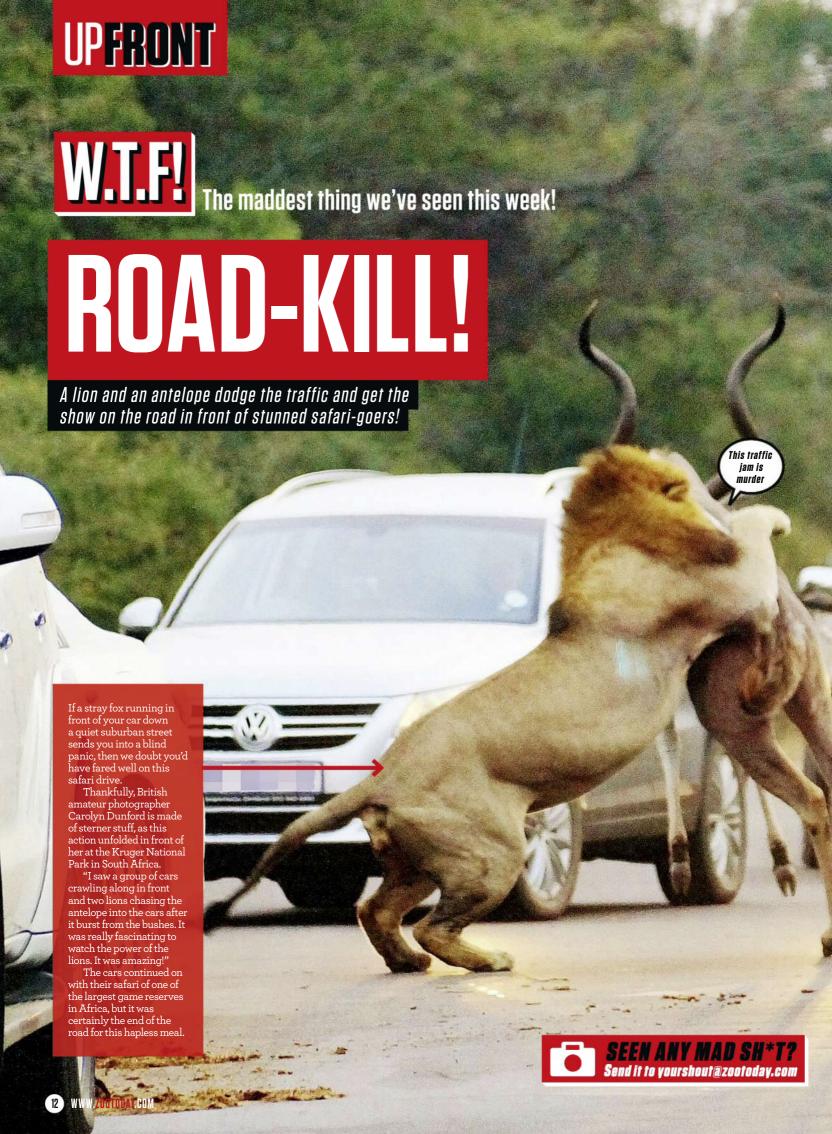
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Men United v Prostate Cancer We can win this prostatecanceruk.org/football





DONG KEEP PORTLAND WEIRD **DANGLING!**

Pigs might not fly, but if you live in Portland, Oregon, you might see hundreds of what residents are calling "dildo nunchakus" mysteriously popping up on power lines all over the city.

Odd motto!

Thank God someone's ensuring the local motto "Keep Portland Weird" is being taken seriously...







The Walking Dead

How do you ensure your successful zombie TV show doesn't go stale after five seasons? Create a spin-off maybe? That *could* work, but cranking up the number of zombie hordes and gruesome deaths looks to have worked a treat, too.

Star Wars: The Force Awakens

There was no new trailer, but *Star Trek* saviour JJ Abrams still crushed most films with his behind the scenes look at several out-of-thisworld film sets. Will it be the No1 movie this Christmas? We'd bet our stockings on it.

Sherlock

The Christmas special set in Victorian England might not answer those lingering questions of how Andrew Scott's Moriarty survived a bullet to the head, but at least it does have Martin Freeman sporting a magnificent soup strainer.



Deadpool

Ryan Reynolds called it a "miracle" that Deadpool got approved with its R rating, and based on the fact it brought the house down, it's safe to say the trailer's excessive blood-soaked violence and outrageous lines stole the show.

Suicide Squad

Fury director David Ayer might have been mad that his sneak peek trailer for the Batman spin-off movie leaked, but never mind, because it looks utterly bonkers and action-packed. Shame it's not out for more than a year, though.

Ash vs Evil Dead

Sam Raimi's iconic horror series is coming to TV with a hilarious tongue-in-cheek spin on the original *Evil Dead* movie. And yes, Bruce Campbell is back as the chainsaw-wielding hero. In the words of Ash: "Groovy!"

TANKS FOR SALE

The MoD is selling off its old kit to the public, so we spoke to a tank expert for some pointers on buying a 10-tonne war machine



f you've been eyeing up a new motor to replace your clapped-out old banger, ZOO might have the coolest solution to your problem: the Ministry of Defence is flogging loads of tanks to willing buyers. But since it's not as simple as kicking the tires, ZOO got some expert advice from Combat Dealers tank expert Bruce Crompton...



CAN BUY

"That's right. Anyone can, as long as you've got the right paperwork from the MoD and DVLA. I've dealt with the buying

and selling of hundreds of tanks around the world, mainly older ones that collectors pay millions for."

WHAT PITFALLS SHOULD WE AVOID?

"You need to be careful because although they're great fun, they can quickly turn into a money pit. This isn't like buying a Ford Fiesta. They sell these cheap - around £25-30k - but try to get some spare parts too, because when it breaks



down you can't take it to your local Kwik-Fit. Plus, even if you're handy with a wrench, the manual could be written in some Russian gobbledygook leaving you right up the swanny."

HOW DO YOU MAKE IT ROAD LEGAL?

"First of all, if the MoD hasn't done it already, you'll need to have the guns deactivated. Then you've got to move the bugger, which means traffic patrol and licences. If you want one you can make road legal, go for a smaller Scorpion, but you'll still need to have rubber insert pads put on the tracks. And let's not forget that once you've done all that, you still have to deal with the DVLA."



WILL GIRLS LIKE IT?

"Just make sure you don't get lumbered with it sitting in your back garden while you're thinking, 'What the f**k am I going to do with this?' Look after it and, speaking from experience, I can guarantee it'll be a proper babe magnet. Well, it was either that or my stunning good looks..."

→ See Combat Dealers on Quest, Wednesdays at 9pm, from 5 August





Amazon has some questions to answer after a mother ordered some shoes for her children and received them complete with a *used* vibrator in the box. It wasn't packaged but just how the customer knows it was used I don't want to know!

I fail to see how that could happen!





Loads of cents

50 Cent has declared bankruptcy, but it seems the last person worrying about it is the man himself. He was still flashing the cash in a strip club the very next day!

It's more a strategic business move after he was ordered to pay \$5m damages to the mother of Rick Ross' children for leaking a sex tape. Considering he did that as part of a rap feud, I don't think he'll be in a hurry to pay up!

El Great Escapo

Mexican druglord El Chapo's great escape was reportedly facilitated with \$50m in bribes. It's a shame, because when you've got that much money and the people around you have so little, it's easy to start chucking it around.

Mexican authorities have put up a \$3.8m reward for his capture, but you don't fancy their chances when he's spending double digits just to bust himself out!

ASK DAVID!



Where would you rank Carl Froch in your alltime list of UK fighters? JACK ENGLEWOOD, Bucks I'm a little bit biased, but he's got to be up there in the top three with Lennox Lewis and Joe Calzaghe. Lennox and Joe beat everyone they fought, but Carl had more competitive fights. I'd like to see Carl and Joe come out of retirement to settle it once and for all. That would sell out Wembley!

Fighting Irish

Conor McGregor backed up his trash talking in emphatic fashion, defeating Chad Mendes to become the UFC interim featherweight champion. He didn't have an easy night and Mendes showed a champion's spirit to step in on two weeks' notice and give him hell.

But McGregor is a supreme athlete and a huge puncher. The fight broke all UFC pay-per-view records and I hope the fighting Irishman gets a huge chunk of that, because he deserves it.



.ZNOTODAY.COM 17



racking the 0-60mph sprint in less than three seconds and capable of smashing 180mph, the Lotus 3-Eleven is quite simply the most radical thing to come out of Norfolk since Alan Partridge's gym shorts.

Revealed at the recent Goodwood Festival Of Speed, the 3-Eleven has been designed to slay some of the biggest names in the automotive sector, thanks to its winning formula

of lightweight construction and a ridiculously tuned 450bhp, 3.5-litre V6 engine.

Surprisingly, this sub-900kg stripped-out race machine also comes in a road-legal format, which will cost punters £82,000 but will happily keep up with McLaren's P1 and Ferrari's LaFerrari around the revered Nürburgring.

Those wanting more from this lightweight lunatic machine can opt for the "Race" version,

which sheds the passenger seat and features a more aggressive aero kit for added downforce.

Lotus engineers say this maniac motor laps the test track at its Hethel HQ a staggering 10 seconds quicker than anything else it sells.

It's no surprise then that with a car this quick, bonkers and ruddy expensive, Lotus will only produce 311. So, if you want one, you need to be just as rapid with your chequebook.



Supercharged 3.5-lifre V6 to play with! **Vital statistics ENGINE** Supercharged 3.5-litre V6 POWER 450bhp **0-60**мрн Sub-3 secs TOP SPEED 180mph PRICE £82,000-£115,200 Lightweight lunatic!

MORE MOTORING NEWS



Talisman gives Renault its Va Va Voom back!

This is the Renault Talisman and it plans to replace the slow-selling Laguna with a serious dollop of luxury sex appeal. It'll feature an 8.7-inch interactive touchscreen, Bose surround sound system and massive 19in alloys. Thierry Henry would approve.



VW's new touring car looks the business

We already know the current Golf R is a blistering beast but this Golf TCR racer cranks aggressiveness up a notch. It's designed to be an "affordable" entry into the Touring Car Championship and uses a 325bhp version of the Golf R's engine.

Volkswagen working on **Segway** rival

Commuters will no longer have to face the final leg of a journey on foot if VW's crazy, foldable scooter thing gets the green light. Apparently, it can run for 12 miles and collapses so it can be carried and stored. You'll still look a plonker on it, though





Become a ZOO legend by sending in your best pics and general madness!



M! · WOUNDS! · PRIZES! · BANTER! · FAILS & WINS!





Clampin' hell!

Some poor guy left his car in the car park of Glenfiddich Distillery. When he came back, there was a lamp through it! **DWAYNE AITKEN, Buckie**

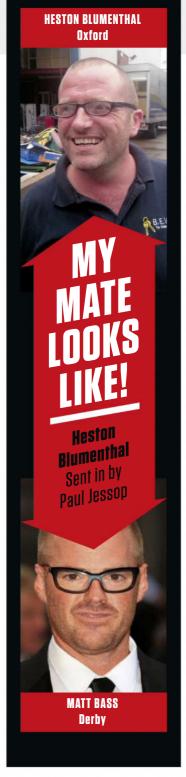
Bit more intense than your average clamp, Dwayne. We're scared to mis-park now...



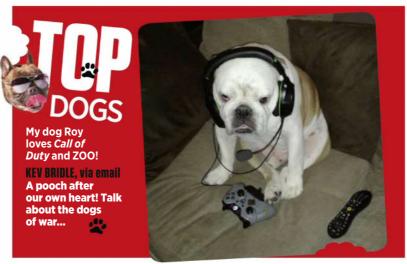
Beard Buckaroo!

I got bored in the car while stuck in traffic on the A303 at the weekend. Decided to play a game of Beard Buckaroo! RICHARD LOFTHOUSE, via email

Could this be the most hipster car game of all time?







Get FAGE

We'd have paid attention in school if lessons were like this



the ocean's
deepest point
It's been
reported a female
motorist in Gloucester
smashed into a van –
while pleasuring herself
with a Rampant Rabbit

More people have been to the Moon

than to the

bottom of

Five years ago, Chris Pratt jokingly predicted he'd be in *Jurassic Park 4* while filming a behind the scenes DVD for comedy *Parks And Recreation*

- Google's original name was BackRub
- HD 189733b an
 Earth-like blue planet
 63 light years away –
 is 2,000°F, boasts
 4,500mph winds
 and rains glass
- The United States

Senate has a desk solely to store sweets

A vain fugitive in Australia contacted his local constabulary on Facebook to tell them he disliked his mugshot

Victoria Police O

Victoria Police O

Ria Delevera that Cleriel may be living in th rilda.

WARRANT

ISSUED

Daniel Damon

Artificial grass was nicknamed "AstroTurf" because the first team to play on it was the Houston Astros

True of our false

 Albert Einstein's eyeballs are in a safety deposit box in New York

2. A group

of hyenas is

3. Ladybirds can fly as fast as racehorses can run

Barack Obama will become the first sitting President to ever visit a federal prison, when he tours El Reno Correctional Institution in Oklahoma

• A Tour de France cyclist could produce enough power to illuminate 107 15W energysaving light bulbs



2

Olympic-sized pools installed in Russia's Kazan Arena for the World Swimming Championships



28

Grand Slams won
by the Williams sisters,
including 11 Wimbledon
singles titles between them



10,000



Likes a disgruntled woman's Facebook post regarding weak tea at an M&S cafe received



Payout for a man handcuffed by police after he gave a beggar £1

22

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Serving up more funny than a cooked clown!



The extra mile

During a job interview yesterday, I poured water into a cup and it overflowed slightly.

"Nervous?" asked the interviewer. "No," I replied simply. "I always give 110 per cent." MIKE GARRETT,

Bedford

Refreshing beverages

A thirsty man goes into a bar. As he sits down, he hears the man next to him tell the bartender, "I'll have another Waterloo." The bartender gives the fellow a tall, well-iced

drink, then asks the newcomer what he'd like.

Thinking the other man's drink may be a speciality of the house he says, "I'll have a Waterloo, too."

The bartender gives him the tall, well-iced drink and the customer takes a big sip. "Hey," he says. "This isn't any good. It tastes just like water!"

The man next to him looks at the bartender and says, "Well, it is water. Right, Lou?"

MIKE HARGREAVES. **Pontefract**

Fuel for flying

I was meant to be on a gas-powered plane, but it couldn't take off.

The pilot kept going

SAUL THOMAS, Gilmerton









TXT 07786202210* TWITTER @ZOO

II FACEBOOK FACEBOOK.COM/ZOOMAGAZINE

Balloon banter I've never tried inhaling

helium for amusement, but people speak very highly of it.

ED BAINES, via email

Health kicks

Diet day one: I have removed all the bad food from my home. It was delicious.

CONOR, Gloucester



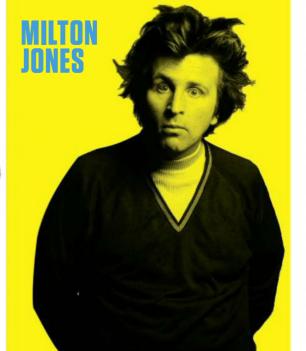
I like the idea of Robin Hood wearing green so that he could hide in the foliage in Sherwood Forest. But what did he do in autumn?





GENIUS ONE-LINER

Keep Britain Tidy: chop off Norfolk and Cornwall!







Shell of a teacher

We used to have a teacher called Miss Turtle at school.

Strange looking woman, but she still tortoise well. NORMAN, via email

Wealthy appreciation

What is the most valuable and respected thing in the world?

The last three squares on a roll of loo paper. **JOHN. Sunderland**





invented crosswords. I can't remember his name: it's P something 1 something R...

Moral mouthfuls

I've finally stopped drinking for good.

Now I drink for evil. NEIL, via email

The inventor of the orgy died today. Everyone is coming together for his funeral.



Ghouls and guides

A young American tourist goes on a guided tour of a creepy old Scottish castle. At the end of the tour, the guide asks her how she enjoyed it, so she admits to being a bit worried about seeing a ghost in some of the dark cobwebby rooms and passages.

"Don't worry," says the guide. "I've never seen a ghost in all the time I've been here."

"How long is that?" asks the girl. The guide replies, "Ooh, about three hundred years..." RONNIE, via email

Timely fashion

I once attached a bunch of watches together to make a belt.

I'll admit it was a waist of time.

MATT PARKER, via email



Couple arrangements

My girlfriend complained I never buy her flowers.

I didn't even know she sold them. BILL, via email





"Oh Charles, I wish you hadn't come in fancy dress. You look frightfully silly PETER, via email

"Trust me. I'm a Royal in the bedroom" GREG, via email

"I'll be your Mr Man if you'll JACK STEVENS, via email

"I'm a huge fan of yours, Mr Tickle. Please may I have a picture?" PETER, via email

"Camilla, can I have a hug? I know it's a long stretch.. BRIAN HART, via email

SEND JOKES &

Joker Of The Week wins an Xbox One and a ZOO goodie bag!

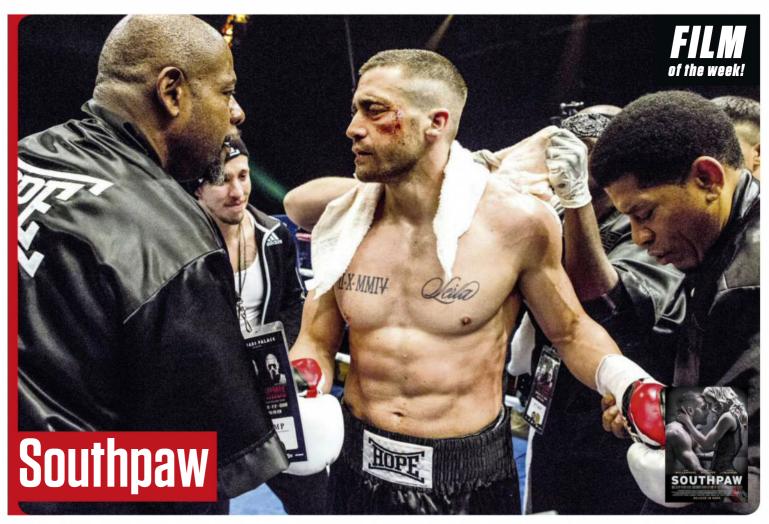




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Essential *** Excellent *** Good ★★★☆☆ Average ★★☆☆☆ Poor ★☆☆☆☆

Plug yourself into this week's hottest entertainment, featuring the best films, games, music and DVDs



If Paul Rudd is the ant-sized hero of the moment, allow Jake Gyllenhaal to be your perfect antihero as light-heavyweight boxer Billy Hope, who starts life in an orphanage where he meets his future wife Maureen (Rachel McAdams).

After a clash of egos with rival boxer Miguel Escobar winds up with Maureen getting shot, it's up to Billy to do right by his family and make sure he

doesn't fall off the wagon.

Also starring 50 Cent, this heart-tugger will leave you feeling as beaten up as the stars in the ring, with a pound-forpound career-topping performance from Gyllenhaal and a box office clash worthy of the Fight Of The Year accolade.

It's a spectacle up there with Mayweather Jr vs Pacquiao, and a contender for our favourite film of 2015. ★★★★





If you thought your mum was the worst hairdresser to have had a trim of your barnet, you could have had it much worse: it could have been bumbling barber Barney Thomson (Robert Carlyle, who also directs) who gave you the snip.

After accidentally murdering his boss with a pair of scissors, he enters the grotesque (and hilarious) world of an inadvertent serial killer. And with Ray Winstone's policeman on the case, it's great Sunday viewing. ***



mercenary assassination team, working for an unknown client, who kills the Congolese Minister Of Mines. The successful kill forces him to go into hiding to protect himself and the members of the team

includes abruptly abandoning his unaware missus.

With support from Javier Bardem, Idris Elba and the lovely Jasmine Trinca, it's not as explosive as you'd expect but is well worth a watch. ★★★☆☆



Batman: Arkham Knight

It's Rocksteady's third and final Batman game and easily the best that's



The Witcher 3:

Wild Hunt
The Game Of Thrones of videogames. Need



Codemasters release the slickest F1 game on the market, but it sadly lacks



Yoshi's Wooly World

Platforming fun from Nintendo, but an experience which loses its charm fast. ****



Lego Jurassic World

Business as usual from the LEGO team: a silly puzzler that doesn't push

THE ZOO TIMELINE We watch is so you don't have

Our lead discovers

his neighbour is a

hot girl and they

head to a party together. Score!





It's hard to say what killed the party buzz. Might have been when guests' faces melted off...



A neighbour comes to the rescue. He even stitches our hero's face up, too. Everybody needs good neighbours.



After a comet passes over the Earth, the inhabitants of Paris start exhibiting zombie-like mannerisms...

THIS WEEK Dead Shadows

A hot, naked spider-mutant lady tries to make our hero forget about hot girl. It works.



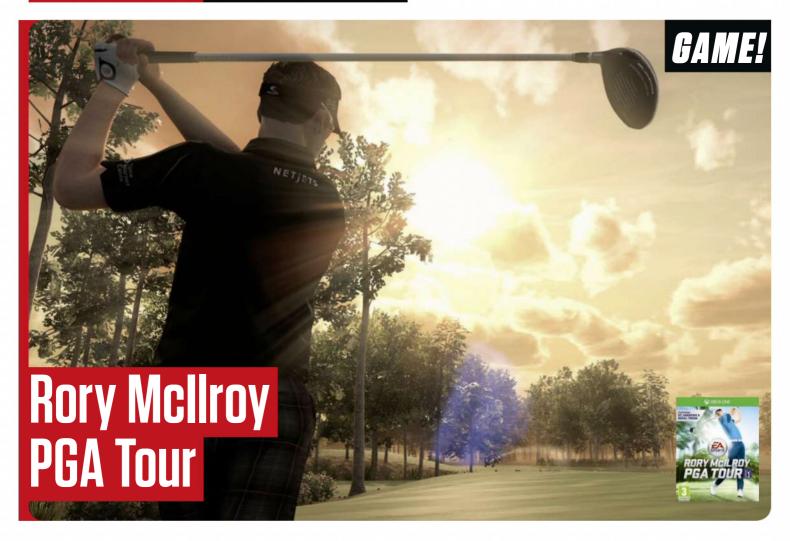
Does he live? Does he die? We couldn't work it out, but he reunites with hot girl. The end.

TOTAL RUN TIME 67 MINUTES

HRILL FACTOR

SNORE





The first PGA Tour to arrive on next gen is, unsurprisingly, sporting some sharp new visuals, which make the last entry (two years ago) look like a double-bogey on a par 3.

Visuals aside, there's plenty more to like, with the Pro Career mode a particular highlight, letting you work your way up from amateur to the pro tour. Even the fantasy courses - like the bizarre Battlefield multiplayer map are great fun to play, too.

But there's also a lot missing. Compared to 2013, there are half the number of courses, a quarter of the licensed players, no legends and no Tiger Woods.

In golfing terms, the short game is excellent, but with so many features cut, we doubt PGA Tour will keep players hooked all year.

Still, we bet Rory McIlroy is enjoying it with all that free time he's got. ★★★☆☆







While We're Young

Middle-aged filmmaker Josh (Ben Stiller) and his wife Cornelia (Naomi Watts) are happy, but bored. So, when Jamie (Adam Driver) and Darby their lives, it's like a breath of fresh air especially for Josh, who is desperate to relive his endure a 20-year age gap?★★★☆



The Human **Centipede 3**

You know exactly what you're letting yourselves in for with this one, so it will come as no surprise this should not be viewed with the compulsory and a hotdog. It's just as toe-curling as the previous efforts, but this time Tom Six's sprawl the entire yard of a prison. ★★☆☆☆



Godzilla

A monster game this may be, but is it a monster hit? We're not so sure. You control the towering lizard taking on large beasties, but the game is sluggish, repetitive and full of many dreary environments. However, for all its faults, it is strangely addictive, although it's difficuÍt die-hard fans getting a kick out of this monster misstep. ★★☆☆☆



Wild Card

Nick Wild (Jason bodyguard on a revenge mission that involves numerous, predictable, fighting scenes (him against everybody else, obviously). Weapons of choice include a tablespoon and a credit card, so if it's adrenaline you're looking for, carry on looking. Expect submotion. ★★☆☆☆



ROBERT CARLYLE

HEY, ROBERT! CONGRATS ON THE DIRECTORIAL DEBUT! WE LOVED THE LEGEND OF **BARNEY THOMSON...**

A QUICK Word With...

I'm genuinely pleased you say that because when you do a film as an actor and people congratulate you, you think "that's very nice" and stuff, but there's so much of me in this, and so much of my work, to get that kind of compliment is truly appreciated.
YOU'RE VERY WELCOME! WAS

IT TRICKY TO BE THE LEAD IN A FILM YOU'RE DIRECTING?

Oh, it was so tricky. I was practically schizophrenic! I had to delve back into my mind of all the directors I have worked with, all the people I've loved and admired through the vears. I took inspiration from Danny Boyle (Trainspotting) and Ken Loach (Sweet Sixteen). YOUR CHARACTER BARNEY IS UNLIKE ANY YOU'VE

PLAYED BEFORE. WHAT WAS IT LIKE TO PLAY AN ACCIDENT-**PRONE PLONKER?**

A lot of people are saying that! I guess people are used to me playing a harder kind of character. A lot of the characters I've played maybe drive the story in the film, but with Barney, everything just happens to him. But again, the comedic kind of world is also something that people don't necessarily attribute to me.. **BUT YOU'VE DONE THE FULL** MONTY...

Ha, exactly! Some of the biggest films I've ever been involved in are actually quite funny!

AND OBVIOUSLY, YOU'VE GOT GREAT SUPPORT IN RAY WINSTONE AND EMMA **THOMPSON. WHY RAY?**

We're really good mates actually, we go way back. We've done some great films together, some of which were filmed many moons ago..

YES, YOU'RE RIGHT. FACE WAS **ALMOST 20 YEARS AGO NOW!**

There you go! And again, with Ray, he's not offered a lot of comedy. He's always "The Daddy", people always want to see him playing that role. But I know Ray very well, and he's a very funny man, so I thought maybe he would want to come and do this and he was more than happy to. Honestly, I've always said if I was ever going to direct a film, I'd like to have some of my friends in it and it would have to be set in my hometown of Glasgow.

IS THERE ANYTHING PARTICULARLY SCOTTISH YOU MISS WHEN AWAY **FILMING IN THE STATES?**

You miss the culture, not just Scottish, but British culture. It's so different, especially in North America. Trying to crack a joke over there is like trying to find water in the desert - you're met with a wall of silence most of the time! I miss British pubs too and, to use an old Irish word. I miss the craic. I always look forward to coming back!

The Legend Of Barney Thomson is out in cinemas on 24 July



ESSENTIALS

The definitive TV guide, picking the must-see shows, so you don't have to!

Britain's music festivals, watch the crowds (sensibly) lose their sh*t to the likes of Noel Gallagher's High Flying Birds.

THE HUNGARIAN G

BBC One

Lewis Hamilton looks to channel the anger after his devastating Wimbledon knockback to take the Hungaroring by storm - and extend his lead at the top of the Driver's Championship.

ALSO UNMISSABLE

Following the hype surrounding the first snaps of Pluto, it makes sense that NASA reveals more mysteries in *NASA'*s Unexplained Files, 8pm, Discovery.







MUST-SEE



Sky Sports 1

City new-boy Raheem Sterling gets the chance to impress as the Citizens take on Rafa's Real Madrid in Oz.



Channel 4

The racing world descends on Ascot for The King George. Can Golden Horn net its owners a cool £1m?



BT Sport 1

The Emirates Cup comes to a close with ex-Gunner Nicklas Bendtner (misfiring) against his old club.



Sky Sports 5

Watch Frank Lampard and Kaka battle it out as they continue their careers Stateside.

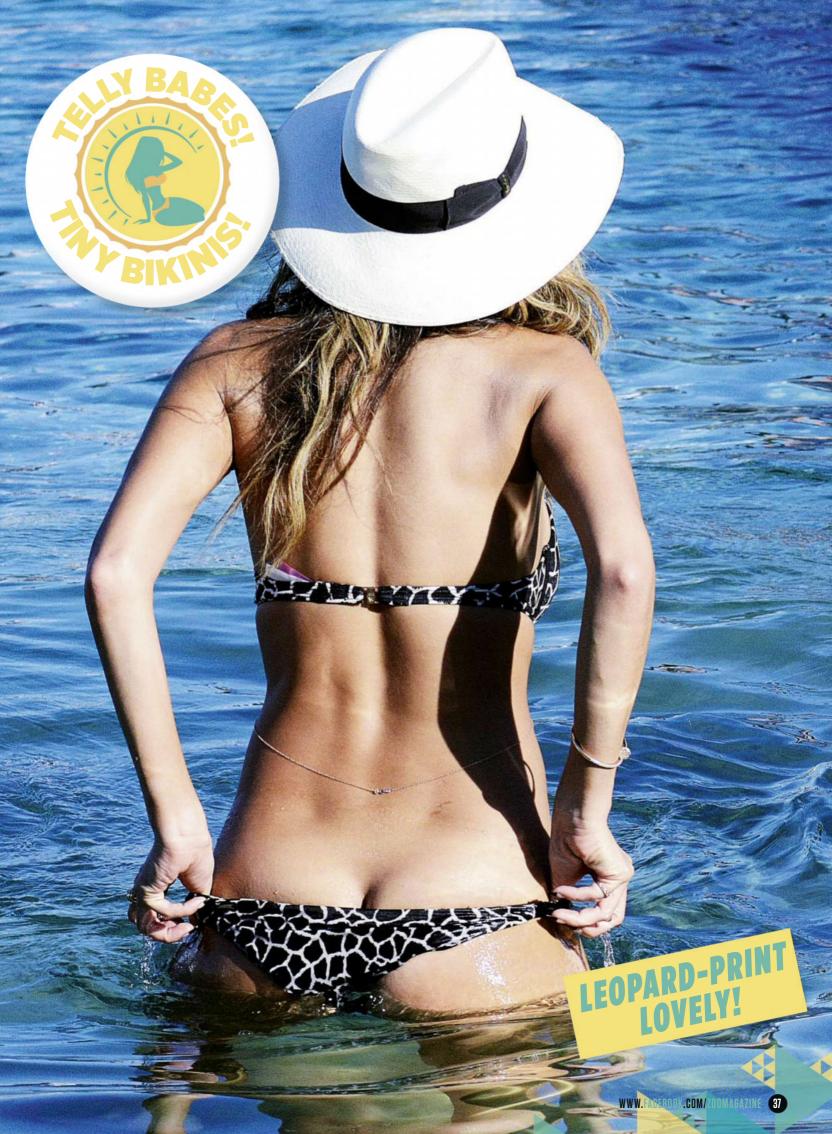






























ount Everest, at 8,848 metres tall, is the world's highest peak. At its most hostile, the temperature can drop to -60°C, with 200mph winds battering everything in sight.

But one man keeps returning, and has even turned the ascent into a career, acting as a guide for wealthy punters.

Kenton Cool first climbed to the summit of the world in 2004, and has since conquered the tallest peak a further 10 times, experiencing the best and worst life has to offer.

We caught up with him to find out more...

HI. KENTON! IS KENTON COOL REALLY YOUR NAME?

Ha-I get asked that a lot! Going back five generations, my family was German and living in London during World War II, so they changed the spelling from "Kuhle" to "Cool". I suppose it makes me sound a bit like a superhero.

FAIR ENOUGH! YOU'VE **CLIMBED EVEREST 11** TIMES, WHY?

Most of the ascents are work. I went there in 2004 to work as a guide and ended up loving it. Now when people want to climb the mountain, they track me down and I help them get to the top. Not all my climbs have been fun, though...

WHAT DOES IT ACTUALLY

TAKE TO CONQUER THE WORLD'S HIGHEST PEAK?

I think you've got to be bonkers to want to climb into an area that is known as the "death zone". It's probably 80 per cent mental because you need that desire and drive: it's bloody hard work. Lance Armstrong once said, "Pain is temporary, and quitting is forever", and that couldn't be more true when you're tottering 8,000 metres down a mountain. That's the



easy part: going up is not. WHY IS IT CALLED THE "DEATH ZONE"?

Simply because human beings cannot survive at that altitude. As soon as you cross 7,500 metres, your life is on the clock. There's only so much time you can stay up there because your body starts shutting down.

will die on the way down. If that was the case, I would have died a couple of descents ago. Of course Everest is a dangerous mountain, but statistically other mountains are much bigger killers. I took on Annapurna I and that has a much higher climb-to-death ratio – and it's only the 10th highest peak in

"At 7,500m, your life is on the clock"

Your lungs are bursting, trying to take in enough oxygen, and your body feels like it's on fire. You're basically dying!

CRIKEY! IS EVEREST THE MOST DANGEROUS PLACE ON EARTH?

Bear Grylls once said one-ineight who get to the summit the world. Only last year, 43 people were killed there in the worst mountaineering disaster in Nepal's history.

AND THAT DOESN'T PUT YOU OFF?

Unfortunately operating on mountains is a dangerous business. I've lost 40 friends - even my best friend - who died on the Alps, a mountain range many of us will visit. When you're sleeping at altitude, you have these really vivid dreams and I would be lying if I told you death didn't feature in them. I suppose it's healthy to have a little fear of mountains, as they have the ability to extinguish life quickly.

WHAT ARE THE VIEWS LIKE FROM UP THERE?

I often say you've got to stand on the edge and stare death in the face before you can fully appreciate what it feels like to be alive. After you've conquered the last 50 metres, the whole world is spread out below you. It's breathtaking and you feel so alive, yet so insignificant. It's the first time you realise how small we are.

YOUR GREATEST
ACHIEVEMENT OF THE
EVEREST TRIPLE CROWN

CLIMB WAS MARRED BY HORRIFIC EVENTS...

It's a dream I've had for a while, to take on Everest, Lhotse and Nuptse in one go. It was going well – climbing Everest and Lhotse in 30 hours without a break – until we came across an amateur from Taiwan. He was on a cut-price expedition when his group got in trouble and left him. I did CPR for 16 hours. He died, but it was avoidable.

FINALLY, COULD YOU TAKE A ZOO READER TO THE TOP OF EVEREST?

If I get on with that person and think I can spend six or seven weeks on the side of a mountain in extremely hostile conditions, I can train them in as little as 18 months!

→ Kenton Cool's One Man's Everest, published by Preface, is out in August











YOUR CLOSEST MATES TO DESCRIBE YOU, WHAT WOULD THEY SAY?

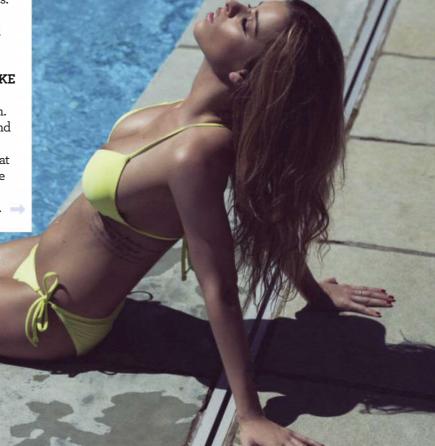
That I'm brilliant at losing items of clothing in my own room and then that I'm loud. Very loud. There's not much for people to find out about me. Expect boobs and Will Ferrell.

WHAT SORT OF ANTICS DO YOU GET UP TO?

You can't go wrong with sharing a few bottles of red wine with the girls and then heading out for a dance. I'm an absolute fiend for the 90s. If I don't hear Corona's Rhythm Of The Night, I end up really disappointed.

WE'D BEST CUE IT UP, THEN. HOW CAN A BLOKE **IMPRESS YOU?**

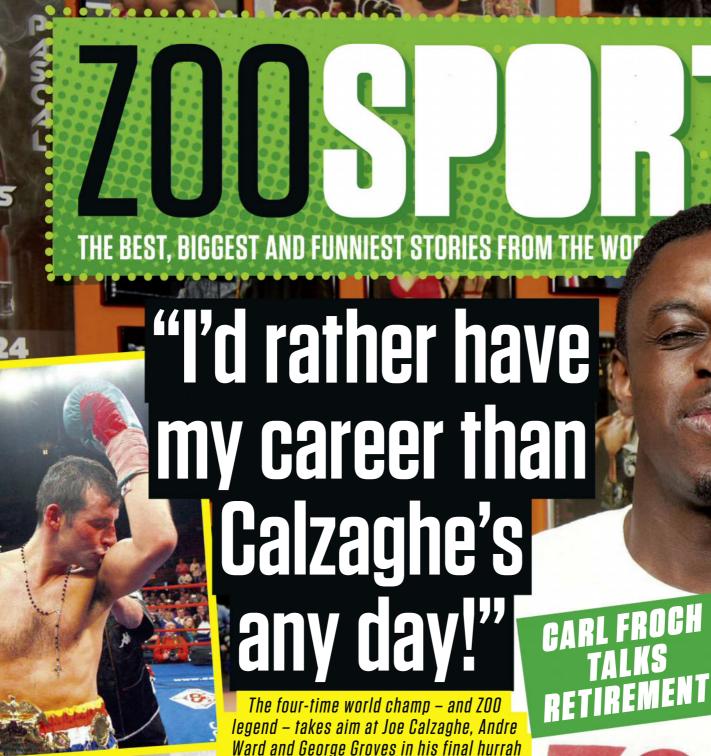
They don't need to do much. Start with being yourself and making me laugh. Manage that, and then buy me a meat feast at Pizza Hut to seal the deal. Then again, we don't have to go out to have fun...











I, CARL. CONGRATULATIONS ON AN AMAZING CAREER. IT'S BEEN A PLEASURE COVERING IT...

Thank you all for following me. It was the right decision for many reasons, but mostly I'm happy retiring when people are telling me not to, rather than ageing overnight in the ring and having people telling me to call it quits. I'm retiring as a champion so I'll live the rest of my life as a champion.

FROM YOUR MANY CAREER HIGHLIGHTS, WHICH IS YOUR **FAVOURITE?**

It's hard to pick one out, but there was certainly no bigger high than knocking out George Groves in front of 80,000 people at Wembley. I'm sure you've heard about that.

WE'RE FAMILIAR WITH IT! NOW YOU'VE RETIRED, WILL YOUR RELATIONSHIP WITH GEORGE **GROVES GET ANY BETTER?**

I respect him immensely because he's a boxer, but we just don't like each other. George Groves the man will never be on my Christmas card list and I'm sure he'd share my sentiment. But I bear no grudges with George because without him, I wouldn't have had such a great finale to my career and I thank him for that. WHAT WOULD YOUR RESPONSE BE TO THE CRITICS WHO SAY YOU

DUCKED JAMES DEGALE? I don't think anybody is saying that apart from Ambrose Mendy who works for

James DeGale. DeGale is not a 12-round

fighter and if you're fading in the last half of the fight against me then you're hitting the canvas, it's as simple as that. It would have been an easy night's work.

WILL ANDRE WARD GO DOWN AS THE BEST OF YOUR ERA WHEN HE HANGS UP HIS GLOVES?

Andre Ward is very good but I don't like



The Cobra's super six career highlights



"Winning my first world title against Jean Pascal in my home town proved I could become a world champion. Up until then I only believed I could be one. Once I had that belt in my bedroom I was one."



"I was a massive underdog against Lucian Bute, an unbeaten fighter who had knocked out most of his opponents. I surprised a few people that night by not just winning, but smashing him to bits.'



"The Arthur Abraham victory was such a wonderful performance because it was so one-sided. It was a flawless victory against a dangerous opponent who I totally schooled for 12 rounds and got the decision 120-108 on two of the judges' cards.'



"The Mikkel Kessler rematch was important because he was the first man to beat me and I settled the score in an epic battle over 12 hard rounds. I took my lumps in that fight. We had 20,000 in the 0, arena that night and the atmosphere was electric."



"My first defence against Jermain Taylor was something special. I was put down for the first time in my career and was losing the fight before the big finish with 14 seconds left on the clock.'



"There was no better way to end the George Groves saga than knocking him spark out in front of 80,000 people at Wembley. I can sleep well at night knowing that was the last punch I threw in my career.'

to say he's the best because the best fighters for me fight. Boxing is an entertainment business and Ward doesn't entertain, he gets the win. He puts a glass eye to sleep and bores people to death, hence the reason he fights in front of 3,000 people and stays in his home town. He's not done anything that's set the world alight.

HOW DOES YOUR CAREER COMPARE TO JOE CALZAGHE'S?

It's difficult to compare my career to Joe Calzaghe because there are only a couple of names on his record that stand out. Retiring undefeated doesn't mean a great deal if you don't face everybody. I'm not giving him

stick because he was

a fantastic fighter, but I would much rather have my career than his. I've had a far more glossy and entertaining career and I think that's why he's probably a little bit bitter and can't say a good word about me.

NOT PULLING ANY PUNCHES, EVEN IN RETIREMENT. WE'RE LOOKING FORWARD TO SEEING YOU CALLING THE FIGHTS FOR SKY SPORTS...

That's why they want me, because I'm not going to be a cheerleader, I'll just give my honest opinion. I'm also not going to be talking about myself in the third person or who I should have fought. I'll be giving my analytical response to what I'm seeing.

"Thank you everyone for following me"

ZOOSPORT

ZOO joins Williams F1!

When the leading British team on the grid needs a helping hand, they call upon the leading men's weekly in the country...

hen Williams F1
jetted into town for
the British Grand
Prix three weeks ago, they
wanted to call upon a fellow
national treasure to help them
get the cars onto the track for
the start of race weekend.
Establishing themselves as
the next best outfit on the grid
behind Mercedes and Ferrari,
it was important to keep
injecting the team with the
best new talent around.

Fortunately for us, that talent was engaged. And 10 or so calls later, they wound up on the phone to ZOO!

Naturally, we jumped at the chance to take on Silverstone...

Martini on tap in the motorhome

We dive straight into life in the fast lane by getting familiar with our base for the day, the swish new Williams motorhome: a three-storey pop-up consisting of offices, a canteen, chill-out areas and a roof top bar stocked by sponsors Martini.

It's taken to all the European races on 14 trucks, and provides a pit stop for the

staff during race week.

Food is on offer 24 hours a day, while Martini is on tap. Despite this, the bartender tells us he has yet to serve Felipe Massa and Valtteri Bottas a drink all season. We don't let him off that lightly.

Working at the car wash

With it being abundantly clear ZOO has zero technical know-how, we're assigned to cleaning duties.

Simple enough but far from trivial, washing down the tyres and polishing the chassis in between practice sessions is vital to avoid loose bits finding their way into the wrong area of the car and causing a larger problem.

















mine in before they started becoming viral videos."



of Spencer FC and his fellow YouTube Stars as they battle it out on Wembley Stadium's iconic pitch. The series is available online now at ee.co.uk/wembleycup



He nearly didn't represent

Chris Froome, the 30-year-old cycling sensation, might represent Team GB now, but that may not have been the case. Froome was born in Kenya and introduced to cycling by Kenyan hero, David Kinjah. Froome then moved to South Africa with his dad, but wanted to compete for Kenya, only for their racing authority to decline his offer because he was based elsewhere. He eventually used forged documents to enter himself into the Under-23 World Championships $\frac{8}{4}$ for Kenya.

Being a professional is a hattle for him

Froome may be among the fittest and healthiest athletes in the world, but he has to constantly battle five debilitating medical conditions that nearly forced Team Sky to drop him altogether in the early stages of his career. In the lead up to last year's Tour, he visited eight doctors across four countries to suppress the life-threatening conditions Bilharzia, Typhoid, Urticaria, Blastocystosis and Asthma.

Froome caught wearing a nose ring

You may have spotted Froome sporting this fashion accessory during the Tour, but he isn't trying to outdo Sir Bradley Wiggins in the fashion stakes. The accessory is actually a Turbine, which increases the airflow through his nose, allowing him to breathe a little easier.

Kinjah says Froome would cycle all day on poorly-kept

roads, "hanging behind fast-moving trucks at 80kmh without fearing things like potholes or dead dogs in the road." He then adds, "he was once chased up

a bank by a hippo!"

ls someone out to get him?

Team Sky believe Froome's training data was stolen by

hackers. The cyclist also previously hit out when tour data was posted on Twitter to support doping allegations after his win in 2013.

Can you name the holders of the super middleweight titles Carl Froch vacated before

his retirement? What was the last managerial appointment Claudio

Ranieri was sacked from before taking the reigns at Leicester?



the bottom of the page!

In what year did Chris Froome first win the Tour de France?



What did Jordan Spieth request not to be called ahead of The Open?

Which song did Micah Richards butcher for his

Aston Villa initiation?

How many Bundesliga titles did Bastian Schweinsteiger win at Bayern Munich?



star Damien

Duff signed to?



Can you name the sporting cousins who recently received honorary degrees from the University Of Bolton?

True or false: Tampa Bay Rowdies is the 13th professional club for US journeyman footballer Freddy Adu.



FANZONE!

Sex on the beach

Phil Neville wasted no time getting stuck into his new adventure at Valencia after he inadvertently sent a tweet written in Spanish saying that he was going for an "ejaculation" on the beach. Not quite the "Spanish practices" Valencia appointed him to indulge in... although he was in fact going for a run.

Count Suarez

Just when Luis Suarez thought he had got away from his bad boy image, it's come back to bite him on the arse. The fangtoothed frontman is set to feature in a new children's book as a vampire.





Like father, like son Rivaldo and his son

Rivaldinho both scored for **Brazilian second division** side Mogi Mirim during a 3-1 win over Macaé. To top it off, like a true dad, the old man even bagged the assist for his son.

Mad mascot

Grizzly San Jose Earthquakes mascot Q is in hot water after rugby-tackling a pitch invader following his side's Champions Cup defeat to Club América, before getting into a skirmish with some of the players who came to his defence. If only the team showed the same passion..



TRANSFER WATCH

Nicolas Otamendi

Valencia to Man United, £38m

LVG looks likely to carry on splashing the cash, this time on the Argentinian central defender as the Sergio Ramos deal peters out.



Marcel **Tisserand**

Monaco to Leicester, £8m

The Frenchman's expressed a desire to reunite with his former boss Claudio Ranieri.

GET YOUR 2 (Section 1)

HALLPAPERS

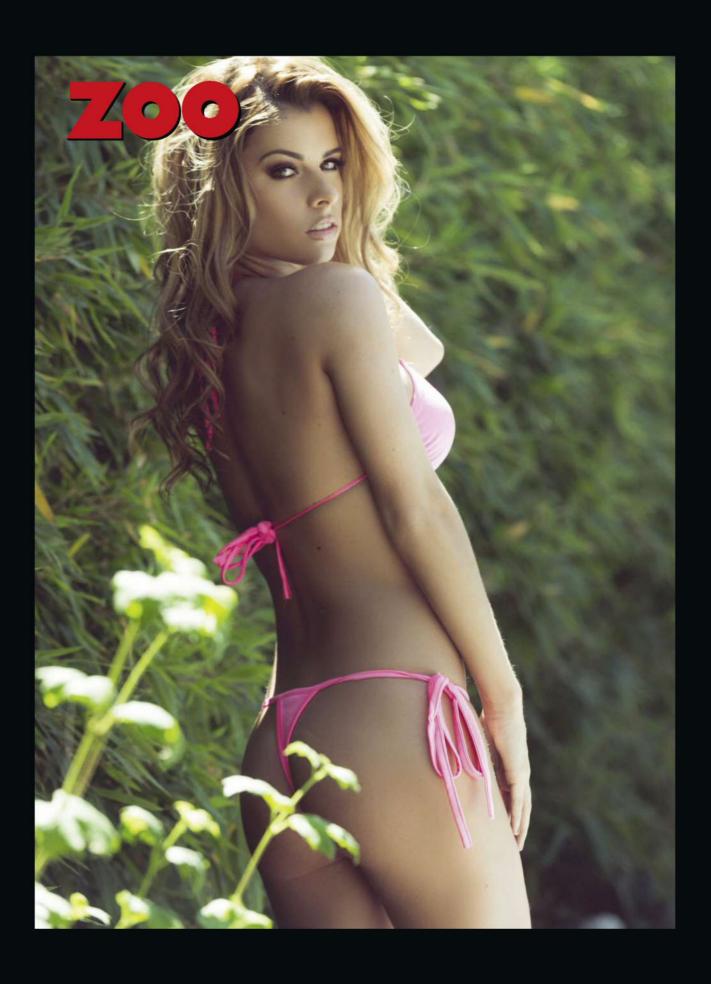
Personalise your tech with your favourite magazine by grabbing some free ZOO wallpaper and uploading it to your device. You'll be the envy of everyone on the train/bus/boat/space station...

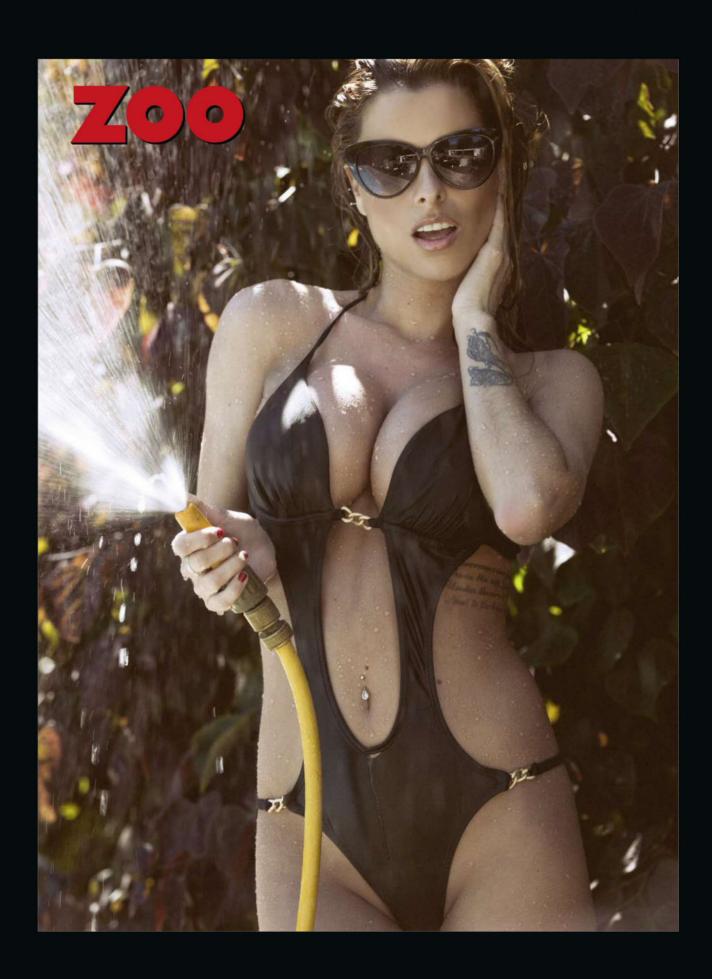
HOW TO DO IT!

Swipe to select your favourite babe, then take a screengrab (on an iPhone, press both the power and control buttons simultaneously. If you don't have an iPhone, your device will have its own weird way), then upload from your gallery as your wallpaper. Hey presto you're the man!









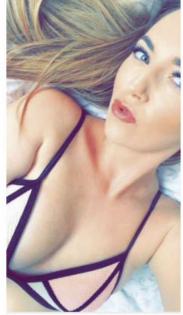


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